

Between Vienne and Chinonais

Balades et randos région de Chinon - Cinais



No photo



A former fiefdom of the Seuilley abbey, a land dear to Rabelais, Cinais is home to a magnificent troglodytic dovecote, not to mention the Roman camp, the village's master archaeological site.

Useful information

Practice : Hiking

Duration : 2 h

Length : 6.7 km

Trek ascent : 124 m

Difficulty : Easy

Type : Loop

Themes : Forest, Wren

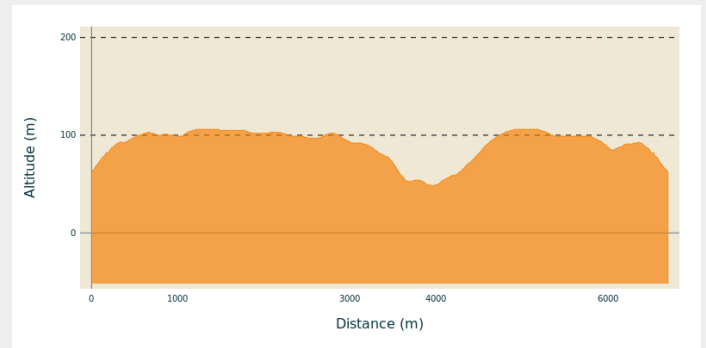
Trek

Departure : Cinais church

Arrival : Cinais church

Cities : 1. Cinais
2. Seuilly

Altimetric profile



Min elevation 48 m Max elevation 106 m

1. At the start of the trail, as you climb up the hillside, you can admire these famous houses dug into the tufa rock, known as caves demeurantes, or troglodytic dwellings.
2. At the top of the hill, through the heather, lies the Camp des Romains. Located at the highest point of Cinais' archaeological heritage, it covers a total area of 25 hectares. Today, all that remains are a few stone blocks scattered here and there, but a few have retained a distinctive alignment. It's also almost certain that the site was once occupied by Neolithic and Gaul peoples, as evidenced by the polished axes and menhir found on the site.
3. After passing these remains, you'll pass through woods, mostly planted with oak and chestnut trees, which are still farmed today, and cereal fields. Before arriving at the hamlets of Guenest and Jouanneaux, you'll discover a magnificent panorama of the Vienne valley, the Veronese bocage and its villages.

On your path...



All useful information



Circuit patrimoine

Les circuits patrimoine vous plonge dans l'histoire de la commune que vous visitez et vous permet de mieux appréhender les mœurs et coutumes d'antan.

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Site Natura 2000 des basses vallées de la Vienne et de l'Indre

Sensitivity period: January, February, March, April, May, June, July, August, September, October, November, Decembre

The site was designated in 2005 under the Birds Directive. The Park has been coordinating the site since 2010 (initially for the period 2010-2016, then renewed for 2016-2019 and 2019-2022), in conjunction with the CPIE Touraine-Val de Loire and the Indre-et-Loire Chamber of Agriculture.

The low valleys are largely covered by natural flood meadows, which are mown and/or grazed. These meadows form large complexes that are home to rare and endangered birds: corncrake, red-backed shrike, meadowlark, spotted crane, etc.

Certain sectors are characterized by a dense bocage network, with pollarded trees surrounding the meadows (Véron bocage): this is the home of the Common Fritillary, Natterjack Toad, Great Capricorn...

Finally, the banks of the Vienne and Indre rivers are occupied by alluvial woodlands and poplar plantations.

Information desks

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